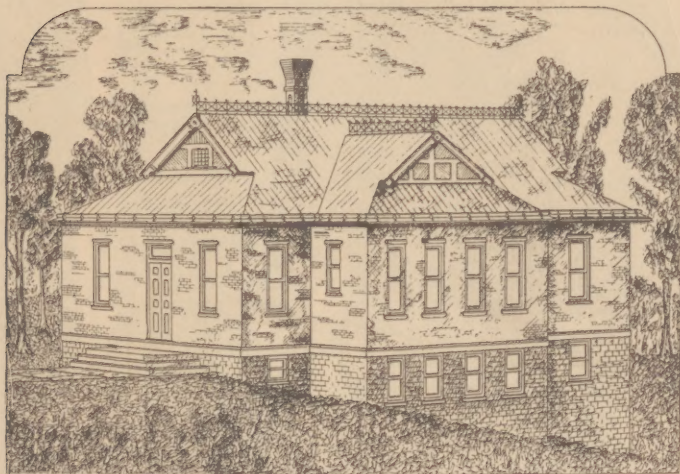




# AN ILLUSTRATED PAMPHLET

RELATING TO



[INHALATION BUILDING, OPEN JUNE, 1888.]

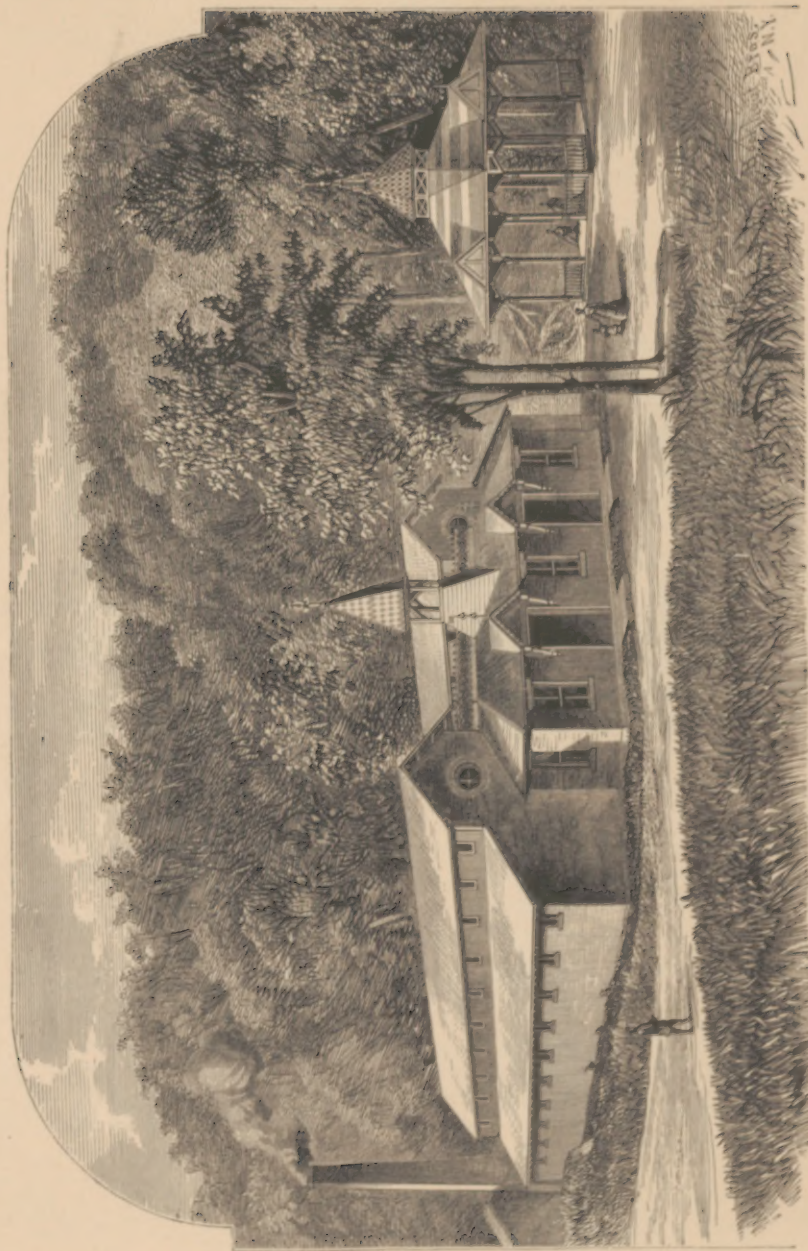
## SHARON SPRINGS,

TO WHICH IS APPENDED

### A MONOGRAPH

ON THE PROPERTIES AND USES OF THE

## SHARON SULPHUR WATER.



SULPHUR BATH-HOUSES AND SULPHUR SPRING, Sharon Springs, N. Y.



In order to answer the usual inquiries of strangers, the proprietors  
of the SULPHUR BATHS of SHARON SPRINGS, N. Y.,  
offer the following information :

THE village of Sharon Springs is situated in Schoharie Co., N. Y., in a valley about 1100 feet above the level of the sea; the streets are provided with good sidewalks, and are shaded with maple-trees. The air is pure and bracing, and free from malarial impurities; even in the warmest of the summer weather, the nights are cool and pleasant for sleeping. The Springs are easy of access, within the village limits, on the edge of a natural forest abounding in pleasant walks. The surrounding country is hilly, and affords interesting drives and pleasant scenery. Sharon Springs is well supplied with hotels and boarding-houses, many of which have a well-established reputation for excellence and comfort; among these, visitors can be sure of finding comfortable accommodation at rates conformable to every grade of expenditure.

This watering-place has been famous for many years for its mineral springs, of which the most noted is the

## WHITE SULPHUR SPRING,

which is not excelled by any sulphur spring in this country. The water is used both internally and externally; it is clear and bright as it issues from the spring, of an agreeable temperature for drinking (48° Fahr.), and free from that roughness or acidity which is a distinctive feature of some sulphur waters,





INTERIOR GENTLEMEN'S BATH-HOUSE

making them particularly unpleasant to the taste without adding to their value. In the Bath-houses it is heated to any degree required for bathing.

With regard to temperature, hot or warm mineral waters are generally regarded as more active medicinal agents than artificially heated water, but there is no difference between natural heat and artificial heat; nor, according to Professor Tyndall, are there any thermo-electric conditions that could cause any perceptible difference between the therapeutic action of natural hot water and artificial hot water. As thermal springs are generally nearly devoid of medicinal ingredients, sulphur water, carefully heated, as at Sharon, by artificial means, is superior to most of them in those diseases to which it is appropriate and in which a high temperature is desirable.

The old bathing buildings having been entirely destroyed by fire a few years ago, the undersigned have erected new sulphur bath-houses on the same site, which are universally commended, and pronounced to be the best Sulphur Bath-houses in the United States.

The new establishment consists of an ornamental building in front, with two entrances, leading respectively into the ladies' and gentlemen's waiting-rooms; from these, doors open into the Bath-houses proper, two long buildings, entirely distinct from each other. The ladies' house contains forty, and the gentlemen's fifty-two, bath-rooms. The interior of the buildings is entirely finished in hard woods, oiled. The exterior is of brick, and the roofs are covered with slate; neither effort nor expense has been spared to make the new houses comfortable and inviting in every respect.

The Bath-tubs (from the factory of the Penrhyn Slate Company) are all of slate, selected for this use, and especially desirable on account of its non-absorbent qualities. The proprietors gave particular attention to this subject, feeling it to be a matter of exceeding importance to choose for the tubs a material that would most perfectly meet every requirement. They rejected marble on account of its great porousness and its well-known capacity for absorption and discoloration. Although less attractive to the eye before use, the slate remains unchanged in appearance after use. At the factory, where repeated experiments have been made to determine the absorptive property of the slate by smearing it with oil and then subjecting it to great heat, no effort has resulted in causing the oil to permeate sufficiently to render the extent of its penetration discernible by the eye on a close examination of a broken transverse section of the slate thus severely tested. This imperviability indicates the peculiar suitability of the slate to the construction of the tubs of a public bath-house.



EYE-WATER SPRING.  
(Gardner Magnesia Spring in distance.)



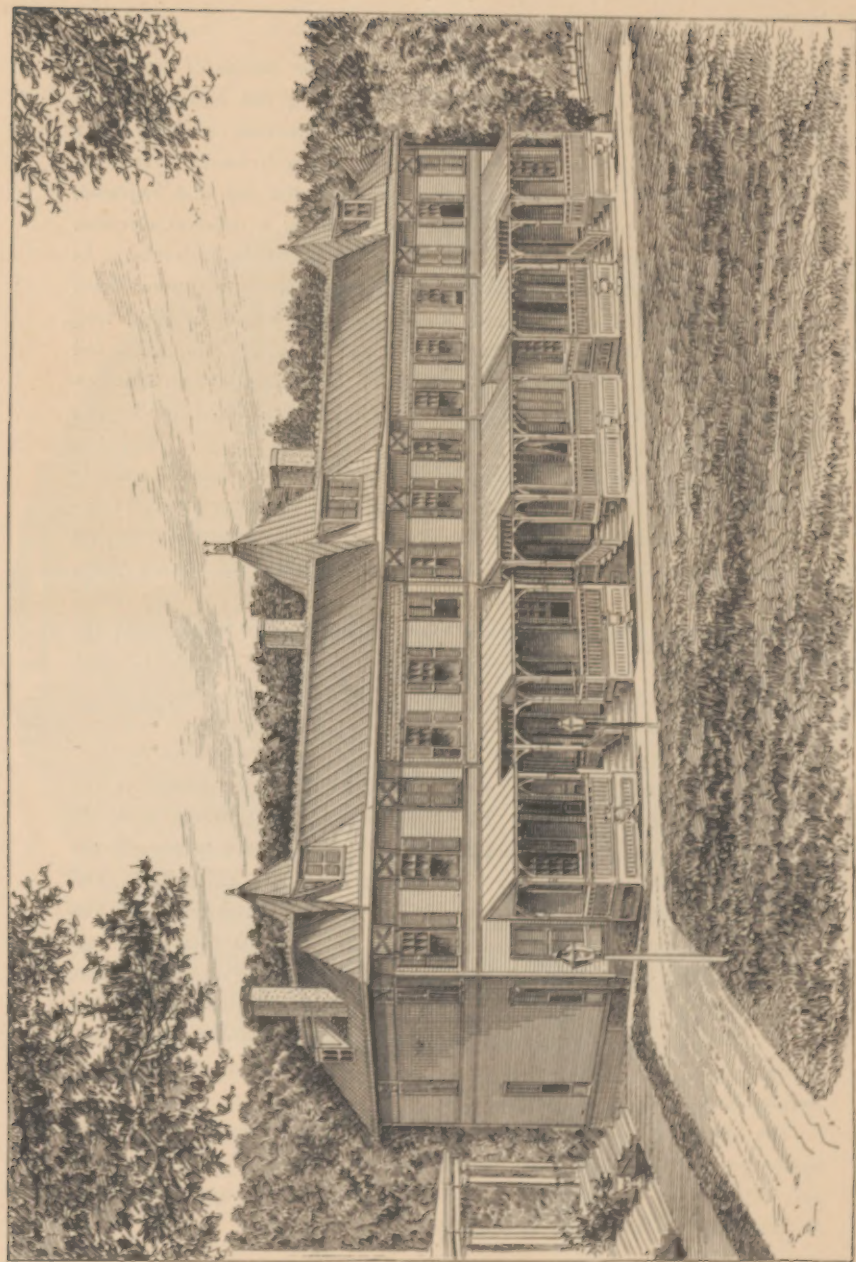
The White Sulphur Spring discharges about four barrels of water per minute, thus giving an immense supply, and obviating that hoarding of the water in reservoirs or other receptacles which is necessary in many other sulphur bathing establishments where the water supply is small. Here the water runs from the spring into a small tank, about the size of a hogshead, from which a steam-pump raises it into larger tanks (at a sufficient elevation to serve the tubs), where it is heated, and distributed to the bath-tubs. As the pump is kept constantly at work during bathing hours, the water flows almost directly from the spring into the bath-tubs, only being retained long enough to acquire the necessary heat in the hot tank. The proprietors feel that this is of great advantage to the patrons of their establishment, as it is a well-known fact that the water loses in strength and efficacy by being kept in any way except in bottles.

Sharon Springs has also valuable Magnesia Springs, whose waters are highly esteemed for drinking purposes, and when thus taken these waters act beneficially with the sulphur water. "A Blue Stone Spring," near the White Sulphur Spring (but entirely free from sulphur), has, during the past fifteen years, proved so efficacious in affections of the eyes that it has been popularly named the "EYE-WATER SPRING." A Chalybeate Spring is also found within the village limits.

There are resident physicians in the place who have had many years of experience in the use of the waters.

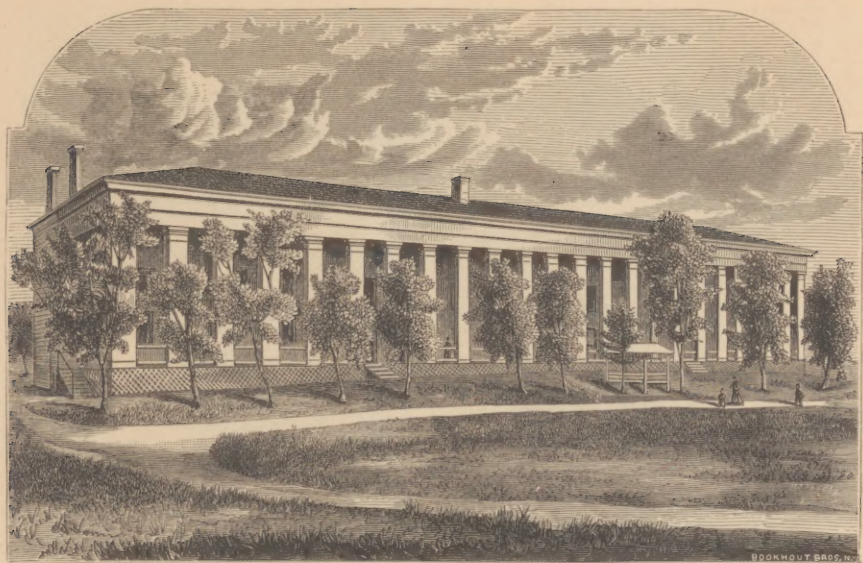
Within a few years a railroad has been built direct to Sharon Springs. This road is leased by the Delaware & Hudson Canal Co., lessees of the Albany & Susquehanna R. R. The depot of the Susquehanna R. R. in Albany is now located at the foot of Maiden Lane in that city, immediately adjacent to the depot of the New-York Central & Hudson River R. R., and Boston & Albany R. R. Two express trains with Drawing-room Cars run daily to Sharon Springs, on the Susquehanna R. R. Through tickets and baggage checks, *via* Susquehanna R. R., can be obtained in New-York, Boston, and Philadelphia. The trains make close connections with the Hudson River R. R. and the People's Line night boats. During the season there is also a through train that leaves Scranton in the morning and arrives at Sharon Springs in the evening of the same day.

The village is also accessible from the New-York Central R. R. The station on this road is Palatine Bridge, from which place a carriage drive of nine miles brings visitors to the Springs. Carriages are always in attendance on the arrival of the trains at Palatine Bridge.



The Pavillon — Cottages H, I, J, K, L.

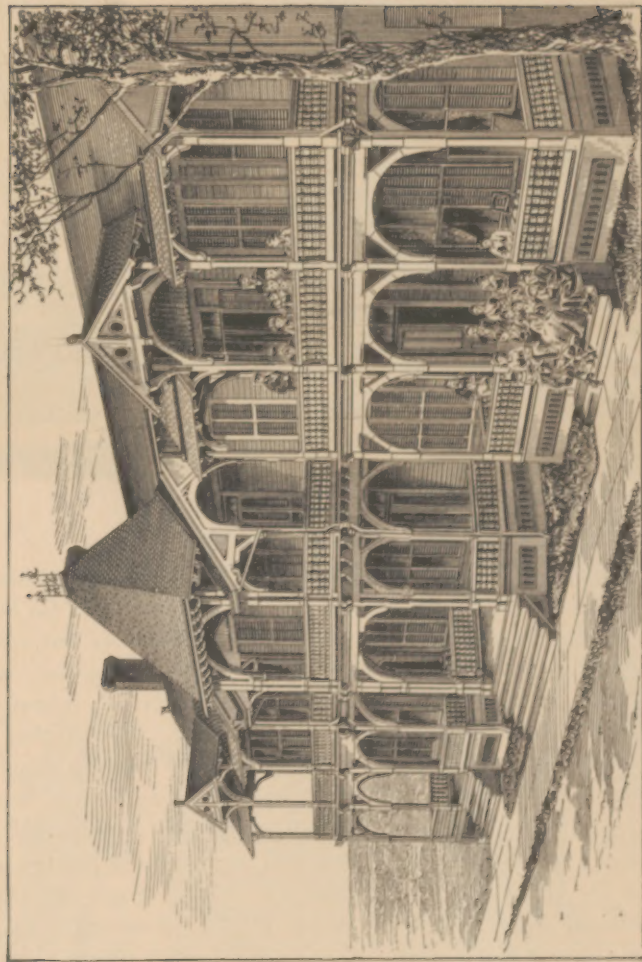




The Pavilion — Main Building — North Front.

The Pavilion is the largest hotel in the place, having pleasant accommodation in the hotel and cottages for about five hundred guests. It has long been in the hands of its present owners, who have, from time to time, more than trebled its original size, and who are still constantly planning and completing such additions and improvements as their experience may suggest to render it more comfortable and attractive to its patrons. Especial effort is directed toward making it a particularly desirable summer home for families with young children, for whose comfort and health every provision is made. Within the past few years, eight new two-story cottages have been erected.

The Pavilion Buildings stand in the center of a fifty-acre plot, on an eminence in the village of Sharon Springs, and command a view extending over the Mohawk Valley and far beyond, to the hills around Lake George, eighty miles distant in a direct line. The extensive grounds around the hotel are laid out in private roads and paths, which are densely shaded by maples and elms; these grounds are reserved exclusively for the guests of the Pavilion, and are private and pleasant, and safe for ladies and children. A separate building contains the Billiard Room and Bowling Alleys, which are kept for the special use of the guests, and are thus free from the objectionable features of



The Pavilion — Cottages A, B, C.



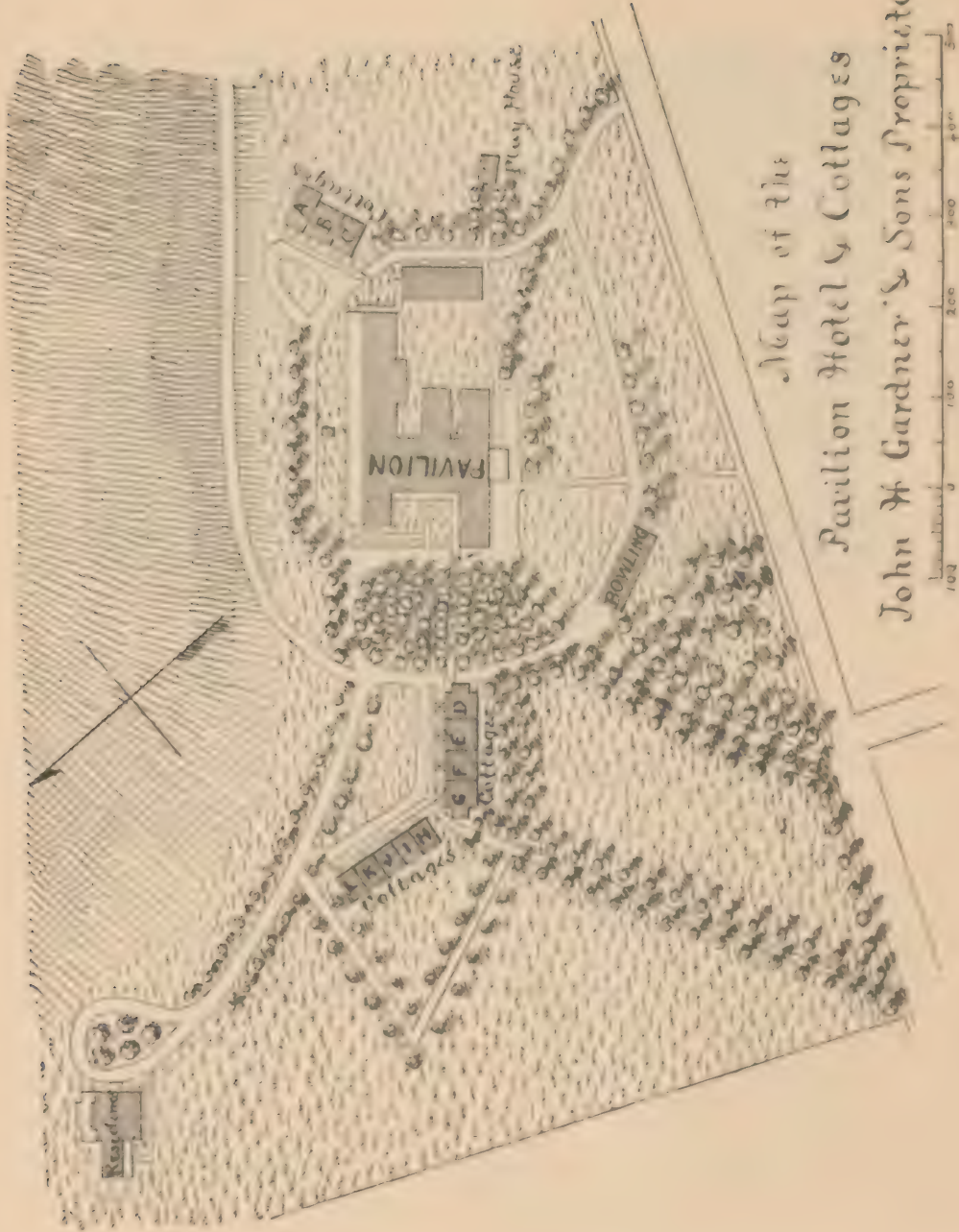
The Pavilion—Cottage Building and Cottage Flats D, E, F, G.

rooms of a more public character. A detached one-story house has been erected as a "play-house" for children. A band of musicians plays in the open air near the hotel in the afternoons, and in the parlor in the evenings.

The Pavilion Buildings comprise the Main Building, Cottage Building, East Cottages, and West Cottages. The Cottage Building, on the first floor, consists of four Cottage Flats, each with a separate entrance and porch; these Flats have no communication with the upper floors of the building, which latter are divided into commodious bed-rooms, and are reached by an entrance at the end of the building, from which a covered way leads to the main building. The East Cottages consist of three two-story cottages, with two-story piazzas, and the West Cottages, of five two-story cottages. Each cottage is a distinct house, without communication with any other, and each has its own separate entrance and piazza for the exclusive use of its occupants. The Cottages and Cottage Flats are all conveniently planned, and neatly and tastefully furnished, and all overlook the view. They are let at a fixed rental, with board at a stated price *per capita*.

The entire establishment is provided with bells in the rooms, and with water-closets conveniently located within the respective buildings.





Map of the  
Pavilion Hotel & Collages  
John W. Gardner & Sons Proprietors.

The undersigned, who are the proprietors of the Sulphur Bath-houses and of the Pavilion, will be pleased to give any additional information, on application, either concerning their own establishment, or the other hotels and the boarding-houses, many of which they can confidently recommend.

JOHN H. GARDNER & SONS,

SHARON SPRINGS, N. Y.

*City address, until May 15th,  
59 W. 54th St. New-York.*

## SHARON SULPHUR WATER.\*

ITS PROPERTIES, USES, ETC.

BEFORE proceeding with a description of this particular Sulphur Spring, it seems appropriate to make a brief reference to sulphur springs in general, to their medicinal value, and to the estimation in which they have been held in all ages.

Sulphur springs have been, from the earliest times, the resorts of invalids and seekers after health, and their beneficial effects in certain diseases have been demonstrated from century to century. "The oldest Greek physicians had recourse to the sulphur springs of Tiberius (now Taba-reah), which are still used by patients from all parts of Syria in painful cases of tumor, rheumatism, gout, palsy, etc."

The Romans resorted to the baths of Baia, and availed themselves of its wonderful waters, dotting the hill-sides with their luxurious villas. In fact, wherever the Romans went in their triumphant progress as conquerors of the world, they early sought, found, and used in each country the mineral water baths peculiar to it. "The sulphur baths of Aix-la-Chapelle were much frequented as early as 1170, and their well-proved medicinal virtues still bring yearly to that city many thousands of strangers." The baths of Baden are described by a writer in 1420, and those of Bath, England, two hundred years later by Pepys.

The great spas of Europe are too well known to need mention here; reference to the ancient ones has been made merely to show that the habit of using sulphur baths is one of great antiquity, and that the confidence in their efficacy has prevailed through two thousand years. As the Emperor Charlemagne sought relief in the baths of Aix-la-Chapelle in the latter part of the eighth century, so the German emperor of to-day, and the other sovereigns of Europe, in the nineteenth century, eleven hundred years later, annually visit the mineral springs of Germany in pursuit of health. Allusion is made to these, the rulers of the old

\* This water, in bottles, can always be obtained of Park & Tilford, 917 & 919 Broadway, New-York.

world, because they are in a position to command the very best medical advice and talent, and, in addition to the affections and interests that environ each private individual, upon their health depend the political futures of great nations.

Many more evidences of this unwavering confidence in the remedial effects of mineral waters might be given, were it material to do so, but enough has been noted to emphasize the fact that, while medicines come into repute and fall into disrepute, while certain remedies and treatments highly esteemed in one age are neglected, condemned, and rejected in another, mineral water baths are never forgotten; the benefits and cures derived from them are always evident, commanding their value to each succeeding generation.

The sulphur waters of Sharon were known and used by the Indians, who brought their sick long distances to the springs. The early settlers also used these waters as occasion required. For fifty years this spring has assumed extraordinary prominence, and thousands have experienced relief or cure from it, in the various diseases to which its water is applicable.

The Sharon sulphur baths are valuable in the treatment of *rheumatism*, and of *gout* and *paralysis*. In *rheumatism*, in particular, which is so prevalent in our variable climate, the effects of this water are truly wonderful. An experience, founded on a close observation of the results during fifty years, justifies the broad assertion that the judicious and patient use of the Sharon sulphur water is almost certain to afford substantial relief to *rheumatic* sufferers.

It is also serviceable in cases where exudations are to be absorbed, such as *stiff joints* and *gun-shot wounds*; and many of the consequences of high living, such as *congestion of the liver and kidneys*, *abdominal plethora*, *hemorrhoids*, etc., are almost certain to be driven off by a season at Sharon. Elimination of *malaria* from the system is also accomplished by the same means. In *chronic poisoning by metals* this water is also beneficial, and in secondary and tertiary *syphilis* it is valuable as a diagnosis, and in conjunction with other medicines in expelling the poison. It is decidedly efficacious in *chronic laryngitis* and *pharyngitis*, in *urinary difficulties*, and in *biliary derangements*. It often affords relief in *neuralgia* and *dyspepsia*, and all authorities agree that sulphur water is particularly adapted to the *catarrhs of lymphatic constitutions*. It is frequently useful, too, in *leucorrhœa* and *dysmenorrhœa* arising from certain conditions.

Sulphur water is more efficient than any other means of treatment in *diseases of the skin*, and especially of those called *dartrous*, such as *eczema*, *lichen*, *psoriasis*, *pityriasis*, and also in *acne* and *prurigo*.

Having thus briefly reviewed the diseases to which the Sharon sulphur water is peculiarly applicable, a few general suggestions may be of value.



The Sharon sulphur baths are usually taken before breakfast, or between breakfast and dinner, and should never be taken on a full meal. The temperature of a bath and the time during which a patient should remain in it vary very much, and on these points the directions of a local physician should be strictly followed. These remarks apply with equal force to the internal use of the water. It is impossible to determine in advance how long a course of mineral waters should be continued, as this depends entirely upon the symptoms observed during treatment.

As experience has shown that mineral springs do not always act according to theories based upon their chemical analysis, and as each spring has a medicinal individuality of its own, differing, however slightly, from all the other springs, a long and close observation of the peculiar action of each spring is required in order to derive from it the uttermost benefit. Therefore, it is earnestly suggested, in the interest of invalids, that while following the general routine marked out by their own physicians, they should be guided in the details, such as temperature, duration, frequency of baths, etc., by the advice of an intelligent local physician.

### HOTELS AND BOARDING HOUSES.

		Per Week.
PAVILION .....	JOHN H. GARDNER & SONS.....	\$21 to \$17.50
UNION HALL .....	C. SAUER & SON .....	16 to 20
SHARON HOUSE .....	P. G. SHARP .....	12 to 16
MANSION HOUSE.....	HUBBS & MERENESS .....	12 to 14
AMERICAN HOTEL.....	N. M. LA RUE & SON.....	12 to 14
KENMORE HOTEL .....		
Mrs. Low's Cottage .....	Mrs. A. Low .....	10 to 14
FONDA COTTAGE.....	Dr. S. F. FONDA.....	10 to 14
VAN BUREN COTTAGE.....	N. VAN BUREN .....	10 to 14
EIGEN'S COTTAGE.....	F. EIGEN.....	12
TOUSLEY HOUSE.....	Mrs. C. TOUSLEY.....	10 to 12
VANDERBILT COTTAGE.....	Mrs. M. E. PIKE.....	10 to 12
FETHERS' HOTEL .....	D. L. FETHERS .....	8 to 12
HILLER HOUSE .....	Mrs. J. W. HARPER.....	8 to 12
SWIFT'S COTTAGE.....	JARVIS SWIFT .....	10 to 12
NEW-YORK HOUSE.....	M. STICHT .....	8 to 10
SPRING HOUSE.....	GEORGE J. STICHT .....	8 to 10
ROSE LAWN COTTAGE .....	C. M. MALLETT .....	8 to 10
HUTT'S COTTAGE.....	Mrs. WILLIAM HUTT .....	7 to 10
SHAUL'S COTTAGE .....	Mrs. E. SHAUL.....	7 to 10
WILD'S COTTAGE .....	W. H. WILD.....	7
WENTWORTH COTTAGE.....	H. WENTWORTH.....	8
HARPER'S COTTAGE.....	JOHN K. HARPER.....	6
HOP EXCHANGE.....	C. VAN DUSEN .....	10
ROCKVILLE HOTEL.....	CLARKE SHAUL.....	7 to 9
ELDRIDGE COTTAGE .....	E. K. ELDRIDGE .....	8 to 10
CURRY HOUSE.....	P. CURRY .....	6 to 8

**SPECIAL NOTICE.**



INTRODUCTION OF THE  
MOST APPROVED EUROPEAN METHODS  
OF USING SULPHUR WATER AT  
SHARON SPRINGS, N. Y.

FOR TREATMENT  
OF  
NASAL CATARRH  
AND  
DISEASES OF THE RESPIRATORY ORGANS

WITH TRANSLATIONS  
FROM THE NOTES OF FRENCH PHYSICIANS ON THESE METHODS,  
AND THE RESULTS, AS OBSERVED IN FRANCE.



A pamphlet (of 32 pages) with the above title will be mailed on application; and also, if desired, a "Monograph on Sulphur Waters of Sharon Springs, N. Y." by GEO. E. WALTON, M. D. (author of "The Mineral Springs of the United States and Canada").

JOHN H. GARDNER & SONS,

Sharon Springs, N. Y.